

Self-Made Entrepreneur Discovers the Four Key Elements of Happiness



New York City, Sep 19, 2019 (Issuewire.com) - Happiness is something that we all strive for in this world. Unfortunately, most people live unhappy and unfulfilling lives. They may work a job that they don't like or be married to a person who they don't love. This kind of day-to-day negativity can drag a person down emotionally, physically, and mentally. Someone like this will have a very difficult time finding any happiness in their life.

Sigurd Henrik Vedal is a millionaire and successful entrepreneur who discovered the four main elements of happiness: health, financial freedom, love, and passion. Vedal has acquired all four of these elements over the course of his life, and he's never been happier. It was not an easy journey, but it was well worth it for him.

Vedal runs a multimillion-dollar group of over 15 businesses in several international markets and a range of globally renowned brands. He funded each one of these companies too, so there are no shareholders or investors who own a stake in these companies. Vedal is the sole owner of all them.

Many people have asked Vedal, "How were you able to achieve so much before you were even 50 years old?" Each time someone asks him this question, he mentions his philosophy on happiness. Before you can achieve financial freedom by growing your own business, you must be in a state of good health and wellbeing. A lot of people neglect their health, especially when running a business. This is a sure recipe for doom.

If a business owner doesn't have good health, then they cannot run a healthy company. With all the stress and anxiety that comes with running a business, a person must be of sound body and mind to tolerate all these pressures. Otherwise, they'll give up or make careless decisions which end up hurting themselves and their business.

Health and financial freedom are two elements of importance, but not the only two elements. You must also have love and passion in your life too. Passion is what motivates you to wake up every morning and try harder to make your goals come true. Not only do you need to have a passion for your business and making money, but you must also have a passion for your personal life and the future.

This brings us to the final element of happiness, love. Everyone has a desire to be loved by other people. This love can come from co-workers, friends, family members, and even your partner or spouse. If you don't have love in your life, then it is impossible to have passion, health or financial freedom.

Love drives passion and brings you good health. If you don't have any of these things, then you'll never have the right mindset to run a profitable business which gives you financial freedom. You must acquire your love, passion, and health first before attempting to run a business. Once you've made a success of that business, you will achieve the ultimate feeling of happiness that most people in the world never experience.

Vedal has made it his mission to teach people how they can achieve this level of happiness too. That is why he coaches people around the world and started an Instagram account, which already has over 500,000 followers. Clearly, there are many people in the world who are desperate for this kind of happiness.

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